

1: Simple Facts About Cardiology & Cardiologists | Healthy Living

What Are Some Interesting Facts About a Cardiologist? An interesting fact about cardiologists is that they must complete 10 or more years of education and training to practice cardiology. Unlike several other areas of medicine that have specific residency training programs, cardiologists must first.

Over three quarters of CVD deaths take place in low- and middle-income countries. Most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol using population-wide strategies. People with cardiovascular disease or who are at high cardiovascular risk due to the presence of one or more risk factors such as hypertension, diabetes, hyperlipidaemia or already established disease need early detection and management using counselling and medicines, as appropriate. What are cardiovascular diseases? Cardiovascular diseases CVDs are a group of disorders of the heart and blood vessels and they include: Heart attacks and strokes are usually acute events and are mainly caused by a blockage that prevents blood from flowing to the heart or brain. The most common reason for this is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart or brain. Strokes can also be caused by bleeding from a blood vessel in the brain or from blood clots. The cause of heart attacks and strokes are usually the presence of a combination of risk factors, such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol, hypertension, diabetes and hyperlipidaemia. What are the risk factors for cardiovascular disease? The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioural risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity. Cessation of tobacco use, reduction of salt in the diet, consuming fruits and vegetables, regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. In addition, drug treatment of diabetes, hypertension and high blood lipids may be necessary to reduce cardiovascular risk and prevent heart attacks and strokes. Health policies that create conducive environments for making healthy choices affordable and available are essential for motivating people to adopt and sustain healthy behaviour. There are also a number of underlying determinants of CVDs or "the causes of the causes". These are a reflection of the major forces driving social, economic and cultural change – globalization, urbanization and population ageing. Other determinants of CVDs include poverty, stress and hereditary factors. What are common symptoms of cardiovascular diseases? Symptoms of heart attacks and strokes Often, there are no symptoms of the underlying disease of the blood vessels. A heart attack or stroke may be the first warning of underlying disease. Symptoms of a heart attack include: In addition the person may experience difficulty in breathing or shortness of breath; feeling sick or vomiting; feeling light-headed or faint; breaking into a cold sweat; and becoming pale. Women are more likely to have shortness of breath, nausea, vomiting, and back or jaw pain. The most common symptom of a stroke is sudden weakness of the face, arm, or leg, most often on one side of the body. Other symptoms include sudden onset of: People experiencing these symptoms should seek medical care immediately. What is rheumatic heart disease? Rheumatic heart disease is caused by damage to the heart valves and heart muscle from the inflammation and scarring caused by rheumatic fever. Rheumatic fever is caused by an abnormal response of the body to infection with streptococcal bacteria, which usually begins as a sore throat or tonsillitis in children. Rheumatic fever mostly affects children in developing countries, especially where poverty is widespread. Symptoms of rheumatic heart disease Symptoms of rheumatic heart disease include: Symptoms of rheumatic fever include: Why are cardiovascular diseases a development issue in low- and middle-income countries? People in low- and middle-income countries often do not have the benefit of integrated primary health care programmes for early detection and treatment of people with risk factors compared to people in high-income countries. People in low- and middle-income countries who suffer from CVDs and other noncommunicable diseases have less access to effective and equitable health care services which respond to their needs. As a result, many people in low- and middle-income countries are detected late in the course of the disease and die younger from CVDs

and other noncommunicable diseases, often in their most productive years. The poorest people in low- and middle-income countries are affected most. At the household level, sufficient evidence is emerging to prove that CVDs and other noncommunicable diseases contribute to poverty due to catastrophic health spending and high out-of-pocket expenditure. At macro-economic level, CVDs place a heavy burden on the economies of low- and middle-income countries. How can the burden of cardiovascular diseases be reduced? They include two types of interventions: Examples of population-wide interventions that can be implemented to reduce CVDs include: At the individual level, for prevention of first heart attacks and strokes, individual health-care interventions need to be targeted to those at high total cardiovascular risk or those with single risk factor levels above traditional thresholds, such as hypertension and hypercholesterolemia. The former approach is more cost-effective than the latter and has the potential to substantially reduce cardiovascular events. This approach is feasible in primary care in low-resource settings, including by non-physician health workers. For secondary prevention of cardiovascular disease in those with established disease, including diabetes, treatment with the following medications are necessary: Currently there are major gaps in the implementation of these interventions particularly at the primary health care level. In addition costly surgical operations are sometimes required to treat CVDs. Such devices include pacemakers, prosthetic valves, and patches for closing holes in the heart. Two of the global targets directly focus on preventing and controlling CVDs. Raised blood pressure is the leading risk factor for cardiovascular disease. The number of adults with raised blood pressure increased from million in to 1. Reducing the incidence of hypertension by implementing population-wide policies to reduce behavioural risk factors, including harmful use of alcohol, physical inactivity, overweight, obesity and high salt intake, is essential to attaining this target. A total-risk approach needs to be adopted for early detection and cost-effective management of hypertension in order to prevent heart attacks, strokes and other complications. Prevention of heart attacks and strokes through a total cardiovascular risk approach is more cost-effective than treatment decisions based on individual risk factor thresholds only and should be part of the basic benefits package for pursuing universal health coverage. Achieving this target will require strengthening key health system components, including health-care financing to ensure access to basic health technologies and essential NCD medicines. In , countries will begin to set national targets and measure progress on the baselines reported in the "Global status report on noncommunicable diseases ". The UN General Assembly will convene a third high-level meeting on NCDs in to take stock of national progress in attaining the voluntary global targets by

2: Key Facts in Cardiology : Andrew A. Grace :

Hannibal Regional Hospital is a bed acute care hospital providing comprehensive health and wellness services to the residents of the tristate area. This facility has been recognized by Healthgrades as a and Outstanding Patient Experience Award recipient ranking HRH among the top 10 percent in the nation for patient care.

Here are some FAQs about the key facts of cardiovascular disease. Click on the questions below to see the answers. What is the burden of cardiovascular disease? What causes cardiovascular disease? There are many risk factors that contribute to the development of cardiovascular disease. Some people are born with conditions that predispose them to heart disease and stroke, but most people who develop cardiovascular disease do so because of a combination of factors such as poor diet, lack of physical activity and smoking, to name just three. The more risk factors you expose yourself to, the higher the chance of developing cardiovascular disease. Many of the risk factors for cardiovascular disease cause problems because they lead to atherosclerosis. Atherosclerosis is the narrowing and thickening of arteries and develops for years without causing symptoms. It can happen in any part of the body. Around the heart, it is known as coronary artery disease, in the legs it is known as peripheral arterial disease. The narrowing and thickening of the arteries is due to the deposition of fatty material, cholesterol and other substances in the walls of blood vessels. The deposits are known as plaques. The rupture of a plaque can lead to stroke or a heart attack. Cholesterol is a waxy, fat-like substance used by the body to build cell walls and make several essential hormones. Your liver produces cholesterol and you absorb it from the animal fats you eat. Cholesterol is carried through the blood by particles called lipoproteins. There are two types: The former carries the cholesterol around the body in the blood and the latter transports cholesterol out of the blood into the liver. When cholesterol is too high, or the levels of the two types are out of balance dyslipidaemia, the cholesterol can clog the arteries affecting the flow of the blood. Triglycerides are fats found in the blood that are important for muscle energy. They travel through the blood in lipoproteins. As triglyceride levels rise, HDL cholesterol levels fall. High levels of triglyceride increase the risk for heart disease. In rare cases, very high levels can lead to pancreatitis. Conditions that may cause high triglycerides include obesity, poorly controlled diabetes, drinking too much alcohol, hypothyroidism, and kidney disease. How is coronary heart disease diagnosed? There are a number of ways to diagnose coronary heart disease. Your physician will probably use a number to make a definitive diagnosis. A coronary angiogram uses a dye inserted into your arteries and an x-ray to see how the blood flows through your heart. The picture taken, the angiogram, will show any atherosclerosis. Another test is an electrocardiogram EKG. This test records the electrical activity of your heart. An electrocardiogram measures the rate and regularity of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart, and the effects of drugs or devices used to regulate the heart. It is a non-invasive procedure. How are smoking and heart disease linked? Smoking damages the lining of blood vessels, increases fatty deposits in the arteries, increases blood clotting, adversely affects blood lipid levels, and promotes coronary artery spasm. Nicotine accelerates the heart rate and raises blood pressure. Does diet play a part in the development of heart disease? Diet plays a significant role in protecting or predisposing people to heart disease. Diets high in animal fat, low in fresh vegetables and fruit, and high in alcohol have been shown to increase the risk of heart disease. Adopting a diet low in fat and salt has a protective effect over the long term. This means whole grains, fruits, and vegetables. Estrogen does help raise good HDL cholesterol which helps protect women, but once through the menopause as many women as men are affected by heart disease. If a woman suffers from diabetes or has raised levels of triglycerides that cancels out the positive effect of estrogen. How do the symptoms of a heart attack differ between men and women? The symptoms of heart attack in a man are intense chest pain, pain in the left arm or jaw and difficulty breathing. A woman may have some of the same symptoms, but her pain may be more diffuse, spreading to the shoulders, neck, arms, abdomen and even her back. A woman may experience pain more like indigestion. The pain may not be consistent. There may not be pain but unexplained anxiety, nausea, dizziness, palpitations and cold sweat. Women also tend to have more severe first heart attacks that more frequently lead to death, compared to men. Is heart disease hereditary? Heart disease can run

in some families. But even if you inherit the risks factors that predispose you to heart disease, such as high blood cholesterol, high blood pressure, diabetes, or being overweight, there are measures you can take that will help you avoid developing cardiovascular disease. What counts as hypertension? Systolic blood pressure is the maximum pressure in the arteries when the heart contracts. What is the connection between raised blood pressure and heart disease? Blood moving through your arteries pushes against the arterial walls; this force is measured as blood pressure. Your heart has to work harder to pump blood through the smaller space and the pressure inside the vessels grows. The constant excess pressure on the artery walls weakens them making them more susceptible to atherosclerosis. You may also like.

3: Cardiology - St George's Hospital (London) - NHS

Cardiology is a branch of medicine concerned with conditions of the heart and blood vessels. Doctors who specialize in cardiology are called cardiologists. In 1628, English doctor William Harvey published his examinations of the heart and circulatory system. The development of technology such as the.

Cardiovascular System Facts Share this! The following article is a brief summary of cardiovascular system facts. It is designed to make you aware of how your body works so you can take better steps to naturally maintain a healthy heart. Cardiovascular System Function The cardiovascular system function is to deliver nutrient-rich blood throughout the body and remove naturally-occurring metabolic wastes from the body. The cardiovascular system consists of: Heart Blood vessels including arteries, capillaries, and veins Blood The Heart The heart is a muscular organ made up of involuntary striated muscle tissue. It is located in the thoracic cavity in between your lungs and just above the diaphragm. On average the heart beats 72 times a minute for an adult. This means your heart beats 100,000 times a day and over 3 million times a year! The heart is covered in protective membranes called the pericardium. Besides forming a protective layer, these membranes also secrete a fluid that helps to reduce friction as tissues rub together during heart contractions. The next layer of the heart is a thick layer of cardiac muscle tissue called the myocardium. It is the contraction of the myocardium that creates the force necessary to pump blood through the body. Attached to the outer surface of the myocardium is the epicardium. This membrane consists of blood vessels that nourish the heart. The heart chambers You have four chambers in the heart. The two upper chambers are called the atria. They receive blood from the veins. The two lower chambers are the ventricles. Blood is pumped from the ventricles to the arteries and to the rest of the body. The heart valves There are two types of valves located in the heart: The sound we associate with the heartbeat is actually the closing of your heart valves. If any of your heart valves are not working correctly then another sound might be heard. This is referred to as a heart murmur. Blood Vessels There are three main types of blood vessels. Arteries, capillaries, and veins form a system of tubes that carry blood to and from the heart. The blood vessels form an incredible network of tubes throughout the body. An adult has as many as 100,000 miles of blood vessels in their body. Arteries These large blood vessels are made of a thick muscular layer to withstand higher blood pressure. They carry blood from the heart to the capillaries. Capillaries Capillaries form a vast network of very small vessels that enable the exchange of materials between blood and the tissue cells. The term capillary bed refers to a network of capillaries that supply blood to an organ. Veins Veins return blood from the capillaries back to the heart. They are made up of a relatively thin muscular layer and contain internal valves to keep the blood from ever flowing backwards. Blood When a baby is born it has about one cup of blood in its whole body! The average adult has anywhere from four to five quarts in their body. Blood is a specialized fluid in the body with several important roles: It transports nutrients to the cells in your body including oxygen, glucose, amino acids, blood lipids It transports waste materials from cells to your elimination organs such as the liver, kidneys, and lungs It supports your immune system function by circulating white blood cells and detecting pathogens with antibodies It transports hormones It regulates your core temperature It regulates pH balance It coagulates to help the body heal cuts and other wounds Blood is made up of cells suspended in a liquid we call plasma. Plasma accounts for 55% of blood. Cells that are suspended in plasma include: Blood flow Deoxygenated blood from the body flows from the superior and inferior vena cava veins to your right atrium. This blood is pumped to the right ventricle and then proceeds to the pulmonary trunk where it is oxygenated by the act of inhalation. This newly oxygenated blood then flows through pulmonary veins to the left atrium and is pumped to the left ventricle to continue to the aorta and the rest of the body. These are referred to as the pulmonary and systemic circuits. Blood pressure The circulation of blood throughout the body happens due to changes in blood pressure. Blood naturally flows from areas of high pressure to areas of lower pressure. When the ventricles contract the pressure necessary to push the blood into the arteries is created. As the blood travels throughout the body the pressure continually decreases. Red blood cells contain hemoglobin. Hemoglobin contains iron, which binds with oxygen and is responsible for the red coloration of the blood. The primary role of red blood cells is to transport oxygen from

the lungs to the rest of the body. White blood cells Leukocytes About. White blood cells are primarily a function of the immune system. They remove old cells and are an important line of defense against pathogens. Platelets Thrombocytes Platelets help to coagulate the blood. I hope you learned some valuable cardiovascular system facts! Now click on the links below to: Read about how Rosalee went from having a terminal illness to being a bestselling author in her full story here. Get amazing results when using herbs! The secret to using herbs successfully begins with knowing who YOU are. Find out how by taking my free herbal quiz and mini course when you enter your name and email address. Information found on this website is meant for educational purposes only. It is not meant to diagnose medical conditions, to treat any medical conditions or to prescribe medicine.

4: Cardiovascular system facts

The cardiovascular system is comprised of the heart, blood, and blood vessels. The three types of blood vessels are arteries, veins and capillaries. The cardiovascular system, also known as the circulatory system, transports blood and nutrients throughout our body.

The circulatory system is long! All of that fits inside your body. If your heart beats 80 beats per minute, 4, times an hour, and , times per day. That heart definitely works hard. Your heart pumps a lot of blood! On average your heart will pump one to seven gallons of blood a minute. Blood is always red, never blue. Blood is always red but our veins are blue because of light waves. Light has to go through the skin to illuminate our veins. Red and blue have different wavelengths, so they penetrate at different degrees of success. This is why our veins look blue. Blood comes in different shades of red. Oxygen rich blood is bright red where as blood with less oxygen is dark red. Veins have very little oxygen so the blood they carry is dark red, where as the arteries carry oxygen rich, bright red blood. The blue is what we see, but there is no blue blood in a human body. The human heart is about as big as your fist. That will give you an approximate size. It has to be, in order to keep beating and pumping blood and nutrients to our body for our entire lives. Exercise and a healthy diet will keep your heart in great shape. Laughter is good for your heart. A good hearty laugh where your belly hurts and tears run down your eyes is actually great for heart health. It can send 20 percent more blood flowing through your body. This is because when you laugh, the lining of your blood vessels relax and expand. Laughter also helps reduce stress. So watch a funny movie and get a good laugh for a healthy heart! The left side of the heart and the right side have different jobs. The right side of the heart pumps blood to the lungs. The lungs give the blood oxygen and then is carried back to the heart. The left side of the heart pumps that now oxygen rich through the rest of your body. That thumping, beating sound you hear is caused by the valves clapping open and closed. There are four main valves in the heart, the aortic valve, pulmonary valve, mitral valve, and tricuspid valve. Heart disease is nothing new Signs of heart disease have been found in 3, year old mummies. Belly laughter, good diet, exercise, everything to keep that blood flowing strong. Did you know this unusual fun facts about the cardiovascular system?

5: Heart Disease Facts & Statistics | www.enganchecubano.com

Key facts. Fact sheets Here are some FAQs about the key facts of cardiovascular disease. Triglycerides are fats found in the blood that are important for.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter Your heart does more work than you might imagine. Heart disease is the No. Below, find fascinating facts about your heart that might inspire you to give it a little more TLC every day. Your adult heart beats about , times each day. Age and fitness level affect your heart rate. Generally, as children grow or adults get fitter, the heart rate gets slower. See how it changes throughout the decades with this chart from the National Institutes of Health: Newborn 0 to 11 months: More women die of heart disease than from most cancers combined, notes Dr. Every minute in this country, one woman dies from heart disease, stroke, or another form of cardiovascular disease. Want to know how big your heart is? Heart size depends on the size of the person as well as the condition of their heart. For instance, congestive heart failure can cause the heart to enlarge, explains the American College of Cardiology. Your heart rate drops while you sleep. Some people even have rates in the 40s while sleeping. Heart attack symptoms are different in men and women. Although heart disease is an equal opportunity killer, symptoms of heart attack show up differently in men versus women. Whereas men often report crushing chest pain, sweating and nausea, women might instead experience shortness of breath, dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen, and upper back pressure, notes the AHA. Your activity level is the greatest potential risk factor for heart disease. People with low fitness levels have double the risk of heart disease as their more active counterparts, Beckerman says. The AHA recommends logging at least minutes of moderate-intensity exercise, or 75 minutes of vigorous activity, or a combination of the two, every week. And 80 percent of heart disease is preventable with healthy lifestyle choices and management of risk factors, he adds. Other ways to lower heart disease risk include quitting smoking, controlling cholesterol, eating better, managing blood pressure, losing weight, and reducing blood sugar, according to the AHA. This group of women are more than twice as likely to suffer a heart attack , die of heart disease, or require an artery-opening procedure, Boling says. Excessive amounts of sitting have been linked to an increased risk of heart disease. You may have heard that sitting is the new smoking. Numerous studies show that spending most of the day on your duff has been linked to chronic health conditions, including heart disease. That then leads to a lower heart disease risk, which is why you should stand up and move around at least every hour for a few minutes. Your heart is one giant pump. That translates to about 2, gallons of blood every day.

6: What are some interesting and fascinating facts about cardiologists/cardiology? | Yahoo Answers

The Cardiology Facts and Pearls section provides concise tidbits of information essential to know about each major cardiology topic. From must-know facts about common cardiac conditions to.

7: 10 Unique and Fun Facts about the Cardiovascular System

Here is our list of the top 10 interesting heart facts that you should know about your heart: The average adult heart beats 72 times in a minute. This is times a day, 3 times a year, and billion times during a lifetime!

8: Carolina Cardiology | 3 Interesting Facts About Your Heart | Carolina Cardiology

Learn more about heart disease and its risk factors. It's important for everyone to know the facts about heart disease Cdc-pdf [PDFK]. Heart disease is the leading cause of death for people of most ethnicities in the United States, including African Americans, Hispanics, and whites. For.

9: Key facts - World Heart Federation - World Heart Federation

Amazing Facts About Heart Health and Heart Disease. From the size of the heart to the timing of heart attacks, here are five facts about the human heart everyone should know.

Soul on ice Some concluding thoughts and suggestions. The Creative Unconscious Managing Diabetes Mellitus Arte da paz morihei ueshiba A history of England in the 18th century Islam is the answer, but Jihad is not the way Charles babbage history in tamil Part ten : Transplantation Fundamental medical mycology Airway Facilities strategic plan Pocket essentials of paediatrics The end of jobs for life? How to develop policies An Ancient Evil (Ulverscroft Large Print Series) Basic acrylic painting techniques Report of the work of the Invalided Soldiers Commission, Canada, May 1918. Winston Churchill : The lights are going out in Europe Are we Christians? (1873 Leslie Stephen Health policymaking in the united states Haunt me Evelyn Vaughn Short history of World War II Clara Barton and the American Red Cross (Heroes of America) Explaining Ethnic Differences Alistair Elephant Butterflies Are Always Blue at Midnight Innovation under competition Easy Everyday Low Carb Cookbook Varieties of pleasure, varieties of desire Panasonic inverter dv 700 manual Financial markets and institutions jeff madura 12 Apuleius of Madauros Ian H. Henderson Political movements and terrorism Prc board exam answer sheet sample America the Banana Republic Electronic circuit analysis and design njit Chiltons General Motors Malibu/Cutlass 1997-00 repair manual Setting the Table CD General chemistry petrucci 11th edition solutions manual How Superior Powers Ought To Be Obeyed By Their Subjects And Wherein They May Lawfully By Gods Word Be Di